

21<sup>ST</sup>  
CENTURY®



DIETARY SUPPLEMENT

ADVANCED FORMULA

# Hair, Skin & Nails

Natural Herbs, Vitamins and Minerals  
To Nourish Hair, Skin & Nails

50 Caplets

**Directions:** Take one (1) or two (2) caplets daily with any meal for maximum daily results, or as directed by a healthcare provider.

**Keep out of reach of children.** Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No added Sugar, Salt, Yeast, Preservatives, or Artificial Flavors.

**21<sup>ST</sup> Century HealthCare, Inc.**  
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21st Century's® Hair, Skin & Nails is an advanced formula containing natural herbs with vitamins and minerals to enhance beauty from within for today's active women.\*

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



## Hair, Skin & Nails

Other Ingredients: Calcium Carbonate, Stearic Acid, Cellulose, Maltodextrin, Croscarmellose Sodium, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, Artificial Colors (Carmine, FD&C Red#40). This product contains a soy ingredient. 0106

### Supplement Facts

Serving Size: 1 Caplet

| Amount Per Serving                        | % DV           | Amount Per Serving                                                                                                                      | % DV      |
|-------------------------------------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Vitamin A (Palmitate)                     | 2,500 I.U. 50% | Manganese (Manganese Sulfate)                                                                                                           | .6 mg 30% |
| Vitamin C (Ascorbic Acid)                 | 50 mg 83%      | Potassium (Potassium Sulfate)                                                                                                           | 897 mg 1% |
| Vitamin D (Cholecalciferol)               | 50 I.U. 13%    |                                                                                                                                         |           |
| Vitamin E (d-alpha Tocopheryl Acetate)    | 25 I.U. 83%    | Choline (Bitartrate)                                                                                                                    | 25 mg **  |
| Thiamin (Thiamin Mononitrate, B1)         | 5 mg 333%      | Betaine                                                                                                                                 | 10 mg **  |
| Riboflavin (Vitamin B2)                   | 5 mg 294%      | Inositol                                                                                                                                | 10 mg **  |
| Niacin                                    | 7.5 mg 38%     | PABA                                                                                                                                    | 10 mg **  |
| Vitamin B6 (Pyridoxine HCl)               | 6.5 mg 325%    | DNA                                                                                                                                     | 10 mg **  |
| Folic Acid                                | 25 mcg 6%      | RNA                                                                                                                                     | 10 mg **  |
| Vitamin B12 (Cyanocobalamin)              | 25 mcg 416%    | Tyrosine                                                                                                                                | 7.2 mg ** |
| Biotin                                    | 25 mcg 8%      | Cysteine                                                                                                                                | 3.5 mg ** |
| Pantothenic Acid (d-Calcium Pantothenate) | 15 mg 150%     | Soy Protein (Amino Acid Blend)                                                                                                          | 50 mg **  |
| Calcium (Calcium Phosphate)               | 70 mg 7%       | Glutamic Acid, Lysine, Leucine, Aspartic Acid, Isoleucine, Valine, Alanine, Arginine, Histidine, Serine, Threonine, Glycine, Ornithine. |           |
| Iron (Ferrous Fumarate)                   | 3.3 mg 18%     | Proprietary Herbal Support Blend                                                                                                        | 310 mg ** |
| Phosphorus (Calcium Phosphate)            | 54 mg 5%       | Brewer's Yeast, Soy Protein, Horsetail Leaf, Parsley Leaf, Rose Hips, Watercress, Kelp, Citrus Bioflavonoids, Lecithin, Rutin.          |           |
| Iodine (Potassium Iodide)                 | 150 mcg 100%   |                                                                                                                                         |           |
| Magnesium (Magnesium Oxide)               | 20 mg 5%       |                                                                                                                                         |           |
| Zinc (Zinc Gluconate)                     | .6 mg 4%       |                                                                                                                                         |           |

\*\* Daily Value (DV) not established.